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thenewhammag

issue 390 // 18 May – 31 May 2018 // Every fortnight

Royal Wedding

The party is under way (p8)

Look out for the next issue from **1 June 2018.**

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Newham London

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News

Mayor's housing pledge to residents

Mayor Rokhsana Fiaz made a promise to put residents at the heart of future regeneration proposals when she visited the Carpenters Estate in Stratford with Shadow Secretary of State for Housing John Healey MP.

Mr Healey visited Newham in the first week of Mayor Fiaz's term to learn more about her plans to engage residents and create more social homes in the borough. After visiting the estate to see how empty properties are returned to use, they visited the nearby Building Crafts College and saw students learning carpentry and stonemasonry skills.

Mayor Fiaz said: "Housing at social rent and genuinely affordable levels is my top priority so I was delighted to welcome John to Newham in my first week as Mayor. I look forward to working with him, the Mayor of London and other partners as I accelerate plans to deliver more homes for local residents.

"The lack of decent, genuinely affordable homes at social rent levels affects so many of our residents. I will be listening to them, finding out what they want to see in the borough and involve them in any future regeneration proposals.

"Involving local people also means developing skills to foster the house-building industry. The excellent work of the Building Crafts College in training and equipping young people in a range of building techniques is crucial if we are to have the skills to build the homes our residents so desperately need. I look forward to working with the college in helping residents, interested in construction, to gain valuable skills."

Mr Healey said: "Pioneering councils like Newham are the best hope for people struggling with high housing costs. I welcome Rokhsana's bold plans for housing in Newham and her determination to put residents' views at the heart of the council's ambition for more genuinely affordable homes."

The Mayor has pledged to consult with residents to produce a masterplan for the future of the Carpenters Estate, including building the largest possible proportion of socially rented council homes.

The Mayor and Mr Healey on the estate

With building and crafts student Sapphire Hales

People at heart of regeneration

News

Young share their concerns

Mayor Rokhsana Fiaz has begun making good on her campaign pledges to listen to young people as she shapes Newham Council's priorities for the future.

Her inaugural event took place at Forest Gate Youth Zone close to where university student Sami Sidhom lived and lost his life last month. Young people shared their opinions and heard the Mayor speak about her experiences of growing up in Newham.

Singing and dance performances were delivered by youngsters who attend the Youth Zone. Young people were able to share their views, via an online voting system, about what they thought was great about the borough, what their concerns were and what they wanted to see changed.

Overall they said they loved the diversity and vibrancy of the borough and some of the activities that take place here, but want more opportunities to succeed. They often felt the council and schools weren't supportive enough over their fears about safety. They also said more young people should be given second chances to get their lives back on track.

Mayor Fiaz said: "I thank them for being really open about their experiences. Our young people often feel like they are not listened to and for my first event I wanted to hear about what it means to be a young person in the borough now. We need to provide more ways for them to showcase their talents, to build on the skills they have and develop new ways of tackling the violence that is impacting on them." A follow up event will be held on 13 July.

During her first week the Mayor also spoke with young people at the first meeting of the Newham Youth Independent Advisory Group at the University of East London campus in Stratford.

Mayor Fiaz said: "We discussed issues and concerns young people have about living in Newham and how collaboratively we can find solutions. I enjoyed the session and it reaffirmed my determination to deliver on the issues I have discussed with residents, including tackling youth violence and ensuring continued improvements in education."

The Mayor with the Independent Advisory Group

The Mayor shared her experiences at the Youth Zone

Pledge to tackle youth violence

Mayor unveils first of new Cabinet

The first Cabinet members who will support Mayor Rokhsana Fiaz in ensuring that residents are "at the heart of everything Newham Council does" have been announced.

Mayor Fiaz said: "The people of Newham have put their trust in me for the next four years to work with them and for them to making things better for everyone. I am pleased to be able to announce the first members of a talented new Cabinet who have the vision and drive to help deliver the promises I made in my manifesto."

These include addressing the housing crisis by creating genuinely affordable homes at social rent levels, promoting youth safety, ensuring continued improvements in education, delivering regeneration that involves and benefits local people, and promoting financial transparency as well as stability.

The Mayor will be leading on the portfolio areas of Strategic Housing Delivery, Regeneration and Planning. Other appointments confirmed so far, are:

Cllr Charlene McLean – Deputy Mayor, Youth Safety Board and Corporate Parenting

Cllr Julianne Marriott – Education, Children and Young People

Cllr John Gray – Housing Services

Cllr Terence Paul – Finance

The Mayor added: "The role of a councillor as a public servant is one that we should promote. I am looking forward to working collaboratively with my Cabinet colleagues and with all the elected members to listen to residents who will be at the heart of everything Newham Council does.

"We shall be doing things differently with a huge emphasis on transparency, accountability and with residents involved in the decision-making process through public question times and citizen assemblies. I want people to feel more confident in the way the council works, to be able to have the conversations with us that shape our priorities and be able to hold me, my Cabinet colleagues and councillors to account."

Cllr Charlene McLean

Cllr Julianne Marriott

Cllr John Gray

Cllr Terence Paul

Silvertown tunnel decision criticised

Mayor Rokhsana Fiaz OBE voiced concerns about the damaging impact the Silvertown Tunnel would have on Newham residents after a decision to approve the development was made by Transport Secretary Chris Grayling.

A Local Impact Report by Newham Council has already shown that the tunnel could have a detrimental impact in terms of noise, air pollution and congestion.

Calling for the scheme to be scrapped, Mayor Fiaz said: "London already faces significant problems with air quality. In Newham alone 96 deaths per year are attributed to air quality related illnesses compounding health inequalities. This tunnel will only make air quality worse.

"The tunnel will also attract extra traffic leading to increases in noise and congestion for our residents, especially those living in the south of the borough. At a cost of more than £1 billion, this money could be better spent on other transport and infrastructure uses, especially those that promote sustainable transport and unlock other areas of regeneration. We will continue to put pressure on the Government to look at alternatives."

Fears over noise and air quality

Mayor Rokhsana Fiaz

I am delighted to have been elected your new Mayor of Newham following the local election on 3 May.

I would like to thank the voters of Newham for putting their faith and trust in me and in my vision for our borough, where genuinely affordable housing will be my number one priority, alongside the safety of our young people growing up in our borough.

I have had a a great start over these past two weeks as I've started to forge ahead in this new chapter of public service working for the people of Newham: meeting with residents and young people, plus listening to them, andcouncil staff.

I have talked a lot about how Newham Council under my administration will not only look very different, but will be different with more transparency, accountability and with our residents involved in decision making.

I want residents to feel more involved in the workings of the council, help to shape our priorities, and be able to hold me to account. I will be reintroducing public question time so you can put your questions direct to me at council meetings.

I also have some exciting plans coming up with citizen assemblies and

participatory methods of community involvement to enhance local democracy.

My first day highlighted this new approach as I held my inaugural event at Forest Gate Youth Zone with a Youth Citizen Assembly. Many of the young people who attended talked about their pride of living in such a diverse borough as Newham, as well as their need to feel safe and valued by adults, schools and the wider community. We have to deliver this for our young people.

Since then, I have had the pleasure of meeting with a range of residents, including those at the Carpenters Estate in Stratford where I talked about them being at the heart of regeneration proposals so that we can deliver on the urgent housing needs for our residents. The lack of decent, genuinely affordable homes at social rent levels affects so many of them. I will be listening to residents to find out what they want to see in the borough and involve them in any future regeneration proposals.

I made a commitment that as a council we will put people at the heart of everything we do. Local people will play a key role in shaping the borough including being involved in our plans to deliver long-term sustainable solutions for the housing crisis in Newham.

As your Mayor, I will put the people of Newham at the heart of everything I do. This will be a collaborative joint enterprise between residents, myself, councillors and the council.

On all the issues and challenges that we are facing together as a community - the importance of tackling youth violence, addressing the housing crisis, ending health inequalities, ensuring continued improvements in education and delivering regeneration that actually benefits local people - I want to hear your views.

Mayor Rokhsana Fiaz OBE
Rokhsana.Fiaz@newham.gov.uk @rokhsanafiaz

Royal Wedding celebra

Everyone likes a wedding party and when it's a royal occasion it's even better. Pupils at Sandringham School in Manor Park invited Mayor Rokhsana Fiaz to join them as they celebrated the pending nuptials of Prince Harry and Meghan Markle.

rations get under way

The whole school sat down to enjoy cake donated by supermarket Tesco and there was music, singing and dancing and plenty of Harry and Meghan masks to be seen.

Newham Council supported the occasion with funding from the Let's Get the Party Started programme. The Mayor also presented the school with an award from Newham College who have recognised them as its Apprentice Employer of the Year.

Mayor Fiaz said: "It was such a fun time and I was delighted to be able to celebrate the occasion with the children. The Royal Wedding is a great opportunity to bring people together to celebrate Newham and our community."

The Mayor took time to talk with some of the borough's youngest residents. She said: "I was really interested to hear about the things they like and don't like and what they would like to change. The views of everyone in Newham are important as we work on our priorities for the future."

The school was just one organisation that had applied for support to celebrate the royal wedding. The council has provided funding ranging from £250 to £500 for a range of party events bringing neighbours and communities together.

The parties include watching the royal wedding on a large screen in the lounge at Holden Point sheltered accommodation in Stratford, while the Kay Rowe Nursery and Children's Centre in Forest Gate invited everyone to come in dressed as princes and princesses. Residents in Ling Road, Canning Town, have organised a traditional East End party complete with a bouncy castle, games and competitions.

For details about the Let's Get the Party Started fund visit **www.newham.gov.uk/party** or email **communitygrants@newham.gov.uk**

Newham's Councillors

BECKTON WARD

Cllr Ayesha Chowdhury
Labour

Cllr James Asser
Labour

Cllr Tonii Wilson
Labour

BOLEYN WARD

Cllr Gen Kitchen
Labour

Cllr Veronica Oakeshott
Labour

Cllr Harvinder Singh Virdee
Labour

CANNING TOWN NORTH

Cllr Canon Ann Easter
Labour

Cllr Shaban Mohammed
Labour

Cllr Delphine Tohoura
Labour

CANNING TOWN SOUTH WARD

Cllr Rohit DasGupta
Labour

Cllr Alan Griffiths
Labour

Cllr Belgica Guana
Labour

CUSTOM HOUSE WARD

Cllr James Beckles
Labour

Cllr Patricia Holland
Labour

Cllr Sarah Ruiz
Labour

EAST HAM CENTRAL WARD

Cllr Julianne Marriott
Labour

Cllr Aisha Siddiqah
Labour

Cllr Sugathan Thekkeppurayil
Labour

EAST HAM NORTH WARD

Cllr Daniel Blaney
Labour

Cllr Zuber Gulamussen
Labour

Cllr Firoza Nekiwala
Labour

EAST HAM SOUTH WARD

Cllr Susan Masters
Labour

Cllr Rev. Quintin Peppiatt
Labour

Cllr Lakmini Shah
Labour

FOREST GATE NORTH WARD

Cllr Sasha DasGupta
Labour

Cllr Anamul Islam
Labour

Cllr Rachel Tripp
Labour

FOREST GATE SOUTH WARD

Cllr Mas Patel
Labour

Cllr Tahmina Rahman
Labour

Cllr Winston Vaughan
Labour

Newham residents went to the polls on Thursday 3 May to elect 60 councillors and a new Mayor. The borough made history by electing its first female Mayor, Rokhsana Fiaz, a former Custom House councillor who gained 73.4 per cent of the vote.

The borough now also has 28 female councillors, making up almost half of the total number of 60 councillors, up from 23 at the last election. All councillors elected were from the Labour Party.

For further details and surgery times visit **www.newham.gov.uk/councillors**

GREEN STREET EAST WARD

Cllr Muhammad Ali
Labour

Cllr Nilufa Jahan
Labour

Cllr Muzibur Rahman
Labour

GREEN STREET WEST WARD

Cllr Hanif Abdulmuhit
Labour

Cllr Mustaq Hussain
Labour

Cllr Mumtaz Khan
Labour

LITTLE ILFORD WARD

Cllr Nazir Ahmed
Labour

Cllr Pushpa Makwana
Labour

Cllr Riaz Mirza
Labour

MANOR PARK WARD

Cllr Ken Clark
Labour

Cllr Mariam Dawood
Labour

Cllr Salim Patel
Labour

PLAISTOW NORTH WARD

Cllr Zulfiqar Ali
Labour

Cllr Daniel Lee-Phakoe
Labour

Cllr Joy Laguda
Labour

PLAISTOW SOUTH WARD

Cllr Carleene Lee-Phakoe
Labour

Cllr Jane Lofthouse
Labour

Cllr Neil Wilson
Labour

ROYAL DOCKS WARD

Cllr Steve Brayshaw
Labour

Cllr Anthony McAlmont
Labour

Cllr Patrick Murphy
Labour

STRATFORD AND NEW TOWN WARD

Cllr Joshua Garfield
Labour

Cllr Nareser Osei
Labour

Cllr Terence Paul
Labour

WALL END WARD

Cllr Jennifer Bailey
Labour

Cllr Lester Hudson
Labour

Cllr Omana Gangadharan
Labour

WEST HAM WARD

Cllr Charlene McLean
Labour

Cllr John Gray
Labour

Cllr John Whitworth
Labour

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*Upon successful completion of the New Beginnings programme

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Vanessa Daobry
New Beginnings & BSc (Hons)
Sport and Exercise Science

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uel.ac.uk/newyou

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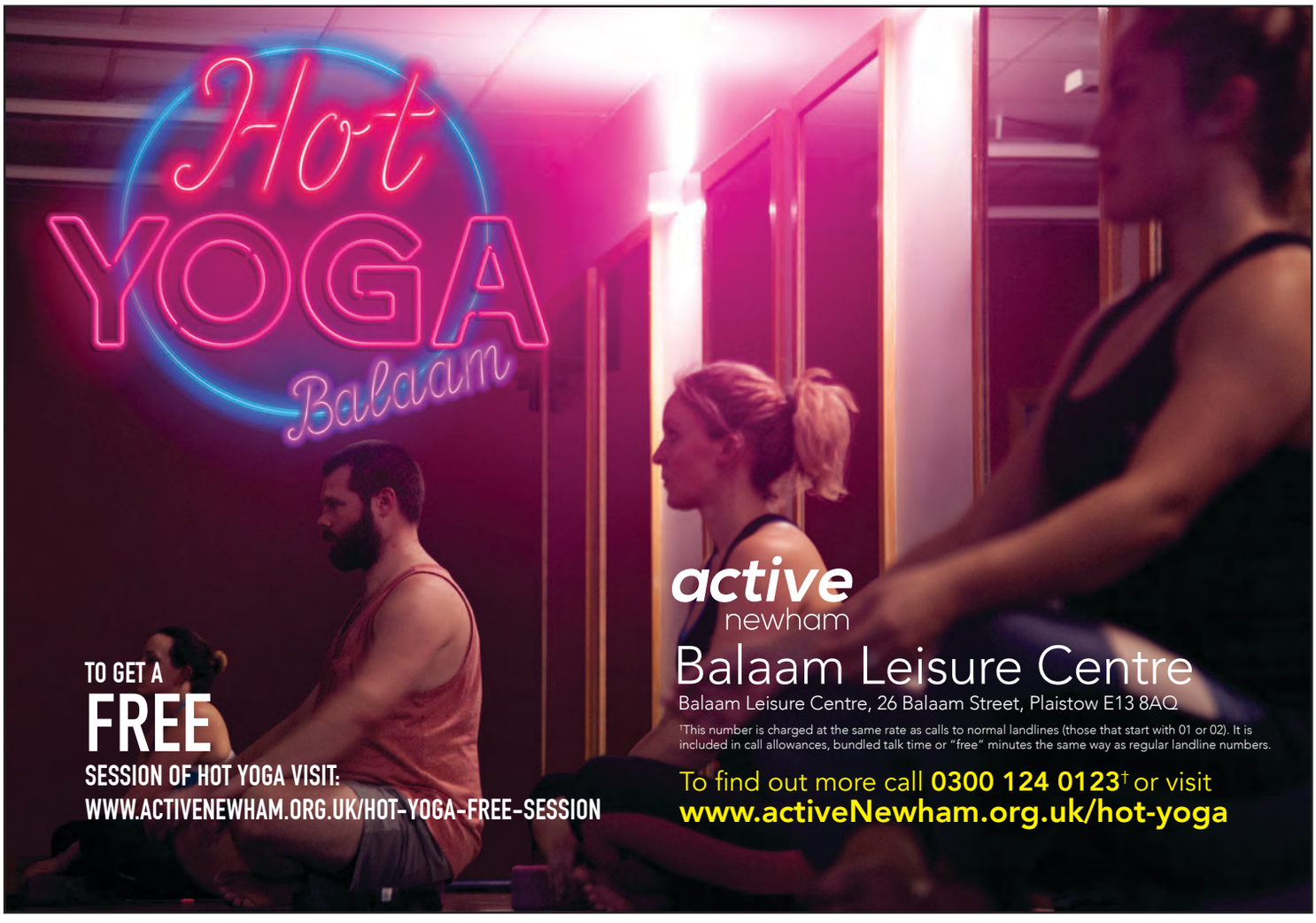

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To find out more call **0300 124 0123**† or visit
www.activeNewham.org.uk/hot-yoga

Representatives from the Youth Council helped to create the programme with the Young Mayor

Coping with exam pressure

Tests and exams can be a challenging part of school life for children young people, and their parents or carers. Having someone to talk to about their work can help. after asking young people themselves what they needed, a support programme has been introduced at East Ham Library.

The Youth Voice Study Support Programme will run until June with workshops on maths, English and science as well as associated skills. There are study support sessions available at the library in Barking Road each week for students in Years 10 to 13 who are preparing for their GCSE and A-level exams. It will culminate in a Careers Fair for young people on 19 June at East Ham Town Hall from 3pm to 6pm.

More than 70 students who use resources at the borough's libraries were consulted about what support they could benefit from. They worked with charity the Renewal Programme and representatives from Newham's Youth Council to create a programme that best met their needs.

Young Mayor Tomiwa Akintunde, 15, who regularly uses East Ham Library, played an important part in organising the consultation. He is also a Young Leader for the Renewal Programme.

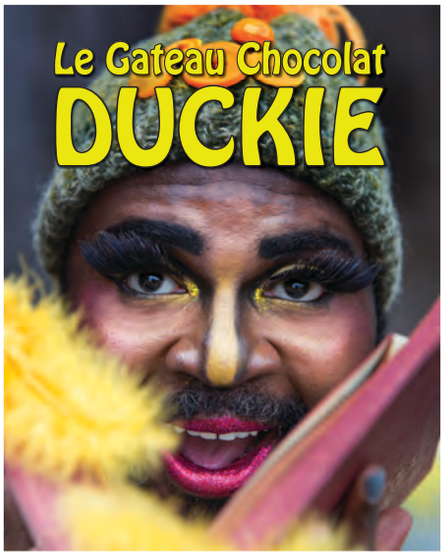
Tomiwa said: "I am pleased that by working together with the team at East Ham Library, the Renewal Programme and the Youth Council, we were able to create a programme that will provide vital support for students as they get ready for their exams. I hope the programme will continue to run in the coming years."

For more information about the programme contact **Anna.yusuf@newham.gov.uk**

For more information about the Young Mayor or the Youth Council follow them on Instagram **@ymnewham** or Twitter **@ym_newham**

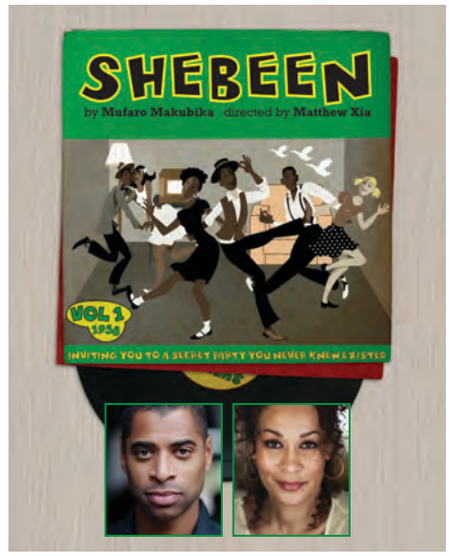
Youth Voice; Study Support Programme
Study Skills Club: Taking Care of Yourself
Monday, 21 May, 4.30-6.30pm
Supported Study Sessions
English: Tuesdays, 4.30-6.30pm
Science: Wednesdays, 4.30-6.30pm
Maths: Thursdays, 4.30-6.30pm
Student Care: Quiz Night with prizes
Friday, 25 May, 4-6.30pm

SHOWS TO SEE THIS SPRING



This re-imagining of Hans Christian Andersen's *The Ugly Duckling* will be fun for all the family this May half term. Cabaret star Le Gateau Chocolat breaks out of his shell in this classic tale of identity and belonging.
30 May – 2 Jun 2018

The true story of New York's first racially integrated jazz club. Full of swinging jazz, blues, gospel and bebop, and boasting a stellar cast including Ciyo Brown, China Moses, Vimala Rowe and Judi Jackson.
★★★★ *'Fabulous'* Financial Times
5 – 16 Jun 2018



Summer. 1958. Pearl and George are helping Caribbean migrants to cut loose by hosting a forbidden party filled with rum, calypso and dancing at their Shebeen. Starring Karl Collins (*Hollyoaks*, *The Bill*), and Martina Laird (*Casualty*). **20 Jun –7 Jul 2018**

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Care in Newham

Go online for a quick and easy way to find out about local adult social care and health services.

www.newham.gov.uk/careinnewham

Jaspreet Harrar

Advocating mental health in Newham

One in four people will experience mental health problems at some point in their lives. A small number may need to be detained in hospital for treatment which can be frightening and confusing.

Having someone to support them plays a huge part in their treatment and recovery. Patients who experience mental health issues and are treated under the Mental Health Act (MHA) 1983 have the right to receive support from an independent mental health advocate (IMHA).

Newham Council, like all local authorities, has a duty to ensure a free and confidential IMHA service is available, independent from the NHS.

The advocate ensures patients receive and understand information about their rights under the Act, the parts of the Act that apply to them and any medical treatments they may be given. They also ensure hospital staff listen to and act on patients' views and concerns.

Jaspreet (Jas) Harrar, 27, a Newham resident with more than five years' experience as an IMHA, said: "The most rewarding part of my job is working with a diverse range of patients and supporting them along their journey of recovery. This starts from the moment they are detained until they are discharged back into the community."

How long a patient is detained can vary depending on the specific mental health issue, the need for care and treatment and their personal circumstances. Patients can be held for up to six months at a time, so it is important they can talk to an advocate about their concerns.

Jas said: "Some issues can be dealt with there and then by the nursing staff. However most decisions about their care are made in ward rounds, which is when they get to meet the consultant who is taking care of them. The most difficult part is when patients don't always understand the consequences of their actions. For example, a patient could be thinking about not taking their medication (which they have the right to do) but if their condition worsens as a result, they could be forced to take it if the medical staff deem it necessary."

For more information about the IMHA service contact VoiceAbility, on **newham@voiceability.org** or 020 3355 7142.

For more details on mental health support services, visit **www.newham.gov.uk/mentalhealth**

The Newham Show

Newham's biggest FREE event, The Newham Show, returns to East Ham's Central Park, on Saturday 7 and Sunday 8 July. Bring everyone together this year and celebrate summer with your friends and family.

People at the Heart of Everything We Do

Children's Stage

Family favourite Peter Rabbit™ will be hopping along to the Main Stage as well as the Children's Stage as part of story time sessions, led by a narrator at intervals on Saturday 7 July. There will also be an opportunity for fans to meet him and snap a photo… don't forget your camera.

On Sunday 8 July everyone's favourite bear Paddington™ will be joining us. Get your marmalade sandwiches ready as Paddington will be hitting the Main Stage and Children's Stage where a narrator will tell tales of his adventures. Children will also have a chance to get up close to Paddington during a meet and greet session at the Children's Stage.

We will also be welcoming family favourite The Sooty Show! Join Sooty, Sweep and Soo as they bake a cake for Sooty's birthday in the Sooty Birthday Bake Off!, presented by Danny Rogers.

Newham Village Fete Activities

Celebrate the summer with our classic village fete activities. There will be the very best Punch and Judy Puppet Show, a coconut shy, hook-a-duck and a stall where you can purchase plants, jams and chutneys from local allotments. We'll also be joined by Newham City Farm, who will have all your farmyard favourites.

The Newham Carnival

The Newham Carnival is always a vibrant display of colourful costumes, dance and music created by schools and community groups throughout the borough. More than 2,500 participants including 2,000 school children took part in last year's event with thousands more lining the streets cheering them on.

The theme for this year's parade is "The Circus Cavalcade" to celebrate the 250th anniversary of the circus. The glitz and glamour of the circus has thrilled audiences across Britain for more than 200 years, bringing an irresistible combination of beauty, skill and danger.

This year's parade will take place on Saturday 7 July and will make its way through High Street South, High Street North, Ron Leighton Way and Barking Road, departing from Rancliffe Road at 2pm.

Community Carnival Classes

Residents are invited to attend Community Carnival Classes, where you will have the opportunity to work with carnival arts specialists to design and create your very own carnival costume and props.

The classes are **FREE** to attend but places must be booked in advance.

Saturday 23 June: 1pm-3pm
Thursday 28 June: 5pm-8pm
East Ham Customer Service Centre and Library, 328 Barking Road, E6 2RT.

To register your interest, please send contact details to **carnival@newham.gov.uk**

THE NEWHAM CARNIVAL

For more information visit
www.newham.gov.uk/newhamshow
www.newham.gov.uk/carnival

@NEWHAMLONDON #NEWHAMSHOW NEWHAMEVENTS

Newham London

Revised Bank Holiday refuse and recycling collection days

Collection day	Revised collection day
Monday 28 May	Tuesday 29 May
Tuesday 29 May	Wednesday 30 May
Wednesday 30 May	Thursday 31 May
Thursday 31 May	Friday 1 June
Friday 1 June	Saturday 2 June

recycle for Newham

visit **www.newham.gov.uk/recycling**

To check recycling collection dates for your area please visit **www.newham.gov.uk/myneighbourhood** and enter your postcode into the search. Please note that most recycling collections are fortnightly.

Good Support group celebrates first birthday

Gardening, taking part in arts and crafts or cooking are just some of the day to day activities that many of us take for granted. But some people need a helping hand either to learn new skills, re-learn those that have become rusty or discover new talents.

The Good Support Group (GSG) offers a range of day activities across the borough for adults, including those with learning disabilities and/or dementia. They also provide short break, respite provision and various other services for children and young people with disabilities. This month it is celebrating its first successful year.

Celebrations so far have included a spring event at the Community Resource Centre in Plaistow, where more than 250 residents took part in various activities to help them develop and maintain their personal independence.

There was a performance by the choir from Grange Primary School, which is working with the group's older members and specialist dementia service team to increase understanding between generations.

Other event highlights included:

- jewellery making, games, singing, arts and crafts and tea dancing
- musical performances and displays of photography and arts and crafts by customers
- a range of free foods and snacks, prepared by and representing some of the many cultural traditions of the staff and customers.

Keith Tancock, managing director of the Good Support Group, said: "We are celebrating our first year in which we have significantly grown the scale, variety and relevance of the services we offer to Newham residents. At the same time, we have developed new sources of income, including from other local authorities, which we are able to invest in our services here in the borough."

For more information contact the Good Support Group, on **info@thegoodsupportgroup.com** or 020 3373 2211.

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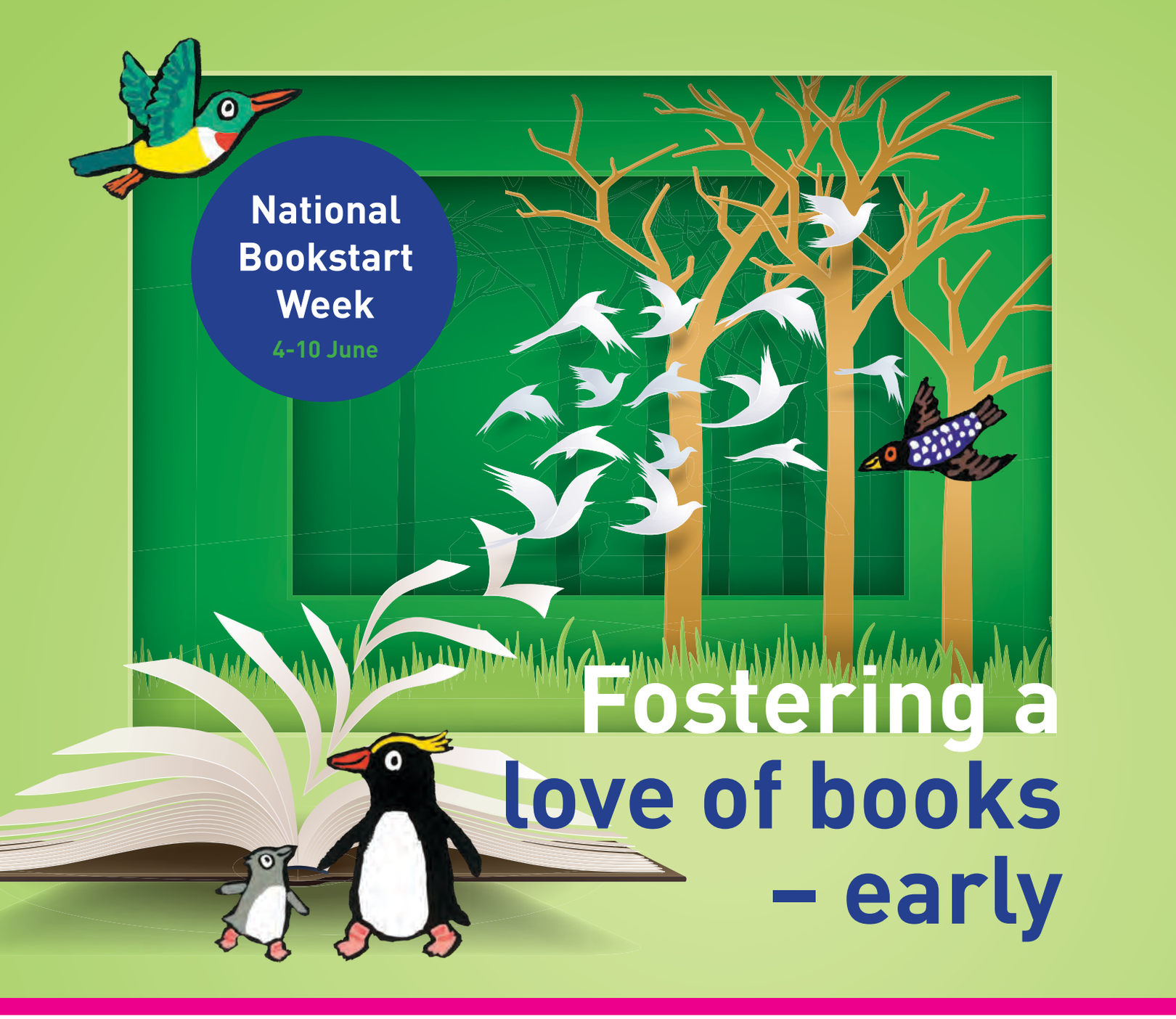
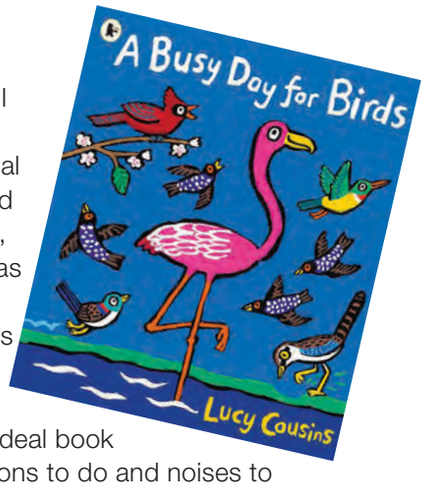


Fostering a love of books – early

Reading plays a vital part in the early years education for all our children and Newham Council is committed to ensuring that they experience the pleasure of books from a young age.

As part of that commitment, the council is working with Bookstart, a national book gifting programme, for this year's National Bookstart Week, from 4-10 June. The programme, which is run by reading charity BookTrust, provides resources that allow libraries, health visitors and children's centres to distribute books to every child at two key ages.

The aim of the programme is to give free books to all children before they start school to help families read together and inspire children to develop a love of books and reading. Newham's libraries will distribute around 5,000 book packs through health visitors and children's centres to babies before their first birthday and more than 6,000 to three-year-olds through nurseries and children's centres.



All Newham libraries will be taking part in National Bookstart Week, an annual celebration of the joys and benefits of sharing books, stories and rhymes from as early an age as possible. This year's chosen book is A Busy Day for Birds by Lucy Cousins, published by Walker Books. It's an ideal book to read aloud - full of actions to do and noises to make.

If you are a nursery provider and would like to organise a session for your children at the library, email **library.activities@newham.gov.uk** If your child has not received their free Bookstart pack, go to your local library with your child's red health record book or email **library.activities@newham.gov.uk**

Exercise club wins award for community work

Wayne Farah with Layla McNeilly 150Club coordinator

A club that helps residents tackle diabetes and heart disease has won an award for its community work.

The 150Club Community Prescription programme, which takes its name from the recommend 150 minutes of exercise people should take every week, has won the BT Sports Industry 'Community Programme of the Year 2018' award.

The club is a partnership between Newham Council, West Ham United Foundation, the Staywell Partnership and the NHS Newham Clinical Commissioning Group. It has used the power of football and sport over 24 weeks to encourage and inspire local residents to make changes to their lifestyles.

Wayne Farah, Vice Chair of NHS Newham CCG said: "For the 150Club to receive the BT Sports Industry Community Programme of the Year Award is testimony to all the hard work from our partners. The award recognises their commitment to delivering the Newham Community Prescription and improving the health of Newham's communities."

Residents can try their hand at water sports

A charity that aims to get young people to lead active healthy lives is running an open day to give them a chance to try out a variety of water sports.

London Youth Rowing, at Royal Docks Adventure, in Dockside Road, E16, will be holding a free open day on 28 May, between 10.30am to 3pm, for young people aged 11 to 18-years-old. They will have the opportunity to try rowing, sailing and paddling and can look forward to learning basic techniques, balancing and how to manoeuvre a boat, building confidence and working as a team.

Matt Rostron, chief executive officer for London Youth Rowing, said: "Our aim is to give young people access to a variety of water-based activities that many people think are out of their reach. We want to help them to learn both practical skills and important life skills and improve social and mental well-being."

For more details visit **www.londonyouthrowing.com**

Teen is a public speaking champion

Shima Mohammed

A 14-year-old student has won the Newham regional final of Jack Petchey's Speak Out Challenge with a speech about equality and ethnic minority women.

Shima Mohammed, from Plashet School in East Ham, scooped a £100 gift certificate in the competition, staged at Sarah Bonnell School in Forest Gate, and will now take part in the grand final of the competition on 2 July.

Shima impressed the judges with a winning speech entitled 'An equation' in which she talked about equality of girls and women within ethnic minorities. She said: "I feel I have accomplished so much and I feel so proud. I wanted to speak out and be heard and now I have."

The Speak Out Challenge is the world's largest youth speaking event in the world, with more than 19,000 students in London and Essex taking part. It is supported and funded by the Jack Petchey Foundation and designed and delivered by Speakers Trust, the UK's leading public speaking charity.

Students celebrate cultural diversity

Children at Curwen Primary School celebrated the rich cultural diversity within their four walls with a series of events.

More than 100 languages are spoken at the Plaistow school where staff invited parents to take part in a food competition, preparing sweet or savoury dishes from across the world, during a week of celebrations.

Children took part in a mini world experience in which class groups focused on different countries and students visited each other to learn about various nations, their cultures and languages.

The week culminated with a fashion show and carnival staged in the main hall. Children and staff showed off traditional clothing while the carnival gave them the chance to stage a colourful and pulsating performance.

Paul Harris, executive head teacher at Curwen primary, said: "The children are proud of their heritage and eager to share theirs and showcase their learning of countries other than their own."

School was transformed during the week

Youth market is a growing idea

Young entrepreneurs keen to start up a business are being urged to get involved with the Plaistow Youth Market.

The market, which is led by Plaistow South Big Local and supported by Plaistow Community Neighbourhood, provides bursaries for under 21-year-olds, to cover part of their expenses, allowing them to make mistakes and learn from them without fear of losing their investment.

The market is held in the Greenway, between Prince Regent Lane and Barking Road, and aims is to bring the community together and help young entrepreneurs experiment with their ideas and overcome their fears and inhibitions.

There are six markets planned in 2018, from April to September, with the largest due to be held on Saturday 23 June, in partnership with Plaistow Community Neighbourhood at the Plaistow Market Place Festival in Plaistow Park.

For more information email **lora@plaistowsouthbiglocal.org.uk**

Kids' Corner

PLEASE SEND OR EMAIL YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
or **newhammag@newham.gov.uk**

Don't forget to add your full name, age, address and contact number with your entry. We cannot return entries.

GALLERY

Kshamya Shanmuga Sundaram, 8

Winner

Tirth Alpeshkumar Patel, 9

Sarah Jie Xin Liang, 5

Miss YueLin Bai, 8

Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket to Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU or newhammag@newham.gov.uk**. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit **www.picturehouses.co.uk** to see what's on.

Stratford Picturehouse, Theatre Square, E15

Colour-me-in Word-Fit

Poem

It's not meant to be

OH MY GOSH!
We just bought a posh, new house.

Fancy walls that are so tall.
Glass tables, that are awesomely breakable.

But, if you see the view,
you would want to puke.

Dog poo everywhere, with a quite
dirty smear.
I knew this was too good to be true,

I thought that this was going to be new.
My guess was wrong it hit me with a PONG!

We need to buy a new house,
there is a living mouse!

Alisha Akeju, 10

Word-Fit

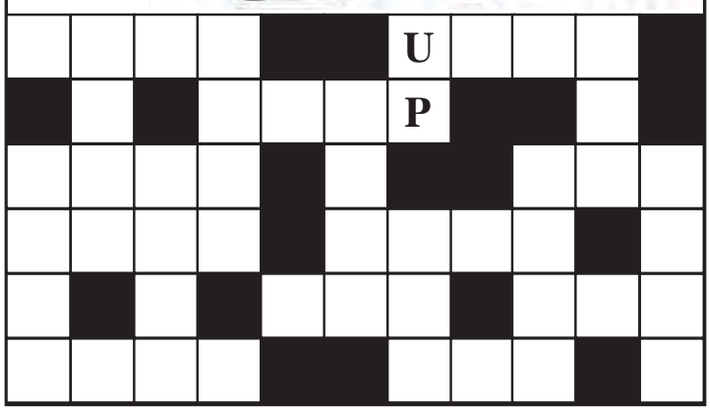
You must fit all the words into the grid

3 letters

ANY
AYE
EAT
HOT
OIL
STY

4 letters

ACRE
ARID
AVID
BAKE
DENT
DROP
EACH
EDDY
IRON
OPEN
SHOT
UTAH
VERY
YOLK



FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE

1 **Ragtime Jazz Night** - An early evening treat for the half term week. In the first of a seasonal series of Jazz evenings. Live Jazz band Rio's Trio present a Ragtime theme – a musical heritage taken from early African rhythms in the Larder Café, East Ham Library, Barking Road, E6 on 31 May, 5.30-7.30pm.

2 **Social Media in Everyday Life** - Learn how to use social media. Suitable for all levels and experiences. Spaces are limited to ten. Custom House & Canning Town CNC, Thursdays, 1-2pm.

3 **Green Street Striders** - Whether you're walking to improve your health or simply walking for the pleasure of exploring the local Priory Park. For those aged 50+. Saturdays, 10.30-11.30am. Meet at Green Street Library, 337-341 Green Street, E13

TRY SOMETHING NEW

ART EXPRESSION

A voluntary group set up by the Stroke Association for people affected by a stroke with the aim of providing them with an opportunity to help them in their recovery and perhaps discover a hidden talent. All abilities welcome. Every Monday,1-3pm.

Indicates free sessions

Libraries unless stated.

UNDER-FIVES

Storytelling
Mon, 10.30-11.15am, Custom House; Tues, 10.30-11.30am, East Ham CNC, Tues, 10.45-11.30am, Tues, 9.45-10.30am, 10.45-11.30am, Custom House & Canning Town CNC; Tues, 10.30-11.30am; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Mon, 10.30-11.30am, Manor Park CNC; Tues, 10.30-11.30am, Forest Gate CNC; Tues, 10.30-11.15am, Tues, 9.45-10.30am, Thurs, 1-2pm, 2-3pm, Plaistow; Mon, 10.30-11am, North Woolwich; Tues,10.30-11.30am, Beckton Globe

Stay and Play
Support for parents and carers to develop their child through play. Tues, 8.15-10.15am, Thurs, 8.15-11.15am, Forest Gate CNC; Weds, 10am-12pm, Sat, 11am-1pm, Stratford; Mon, 10.45-11.30am, Canning Town; Sat, 10.30-11.30am, Beckton

Triple P Parenting
Parenting techniques for children aged 18 months plus. Tues, 5.30-7.30pm, East Ham CNC; Weds, 12.45-2.45pm, Manor Park CNC

Bumps and Bundles Group
Interactive session for parents and carers of babies under 18mths. Mon, 10am-12pm, Stratford

Bumps and Babies
For babies under 12 months Fri, 1–3pm, Forest Gate CNC

Bubble Time and Nursery Rhymes
A free interactive session designed for children to engage with one another. Sat, 12.30-1pm, Green St

Music and Movement
A free session for children and parents or carers to get active using different types of dance and musical instruments. Tues, 10-11am, Plaistow; Thurs, 1.30-2.15pm, East Ham CNC

Move it to music
A chance for parents and children to join in with a free interactive session with music and dance. Mon, 1.30-2.30pm, Stratford

YOUNG PEOPLE

Chatterbooks (7-12)
A new book club to inspire young children to read for pleasure. Sat, 2.30–3.30pm, Plaistow; Weds, 5-6pm, Forest Gate CNC; Tues, 4-5pm, North Woolwich, Mon, 4-5pm, Custom House CNC, Mon, 4-5pm, Beckton Globe; Mon, 3.30-4.30pm, Manor Park CNC; Sat, 3-4pm, Custom House CNC Weds, 4-5pm, East Ham CNC;

Arts and Craft Workshop (6-12)
Sat 2-3pm, Custom House & Canning Town CNC; Sat, 2-3pm, Custom House; Sat, 1-2pm, Green St; Sat, 2-3pm, North Woolwich; Tues, 3.30-5pm, Sat, 11am-12.30pm, Plaistow; Tues, 4-5.30pm, Forest Gate CNC

Family Movie Club
Sat, 3-4.30pm, Green St (up to 12yrs); Sat, 2-4pm, Plaistow; Sat, 5.30-7.30pm, East Ham CNC; Thurs, 4-6pm, North Woolwich; Forest Gate CNC; Sat, 2-4pm, Beckton Globe, Fri, 4-5.30pm, Manor Park CNC

Homework Club
Study support from volunteers. Age: Varies site to site. Fri, 4-5pm, Beckton

Globe; Mon, 3.30-5pm, Sat,10.30am-12.30pm, Plaistow; Fri, 4-6pm, Custom House & Canning Town CNC; Fri 4-5pm, East Ham CNC; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, Forest Gate CNC

Tae Kwondo Classes
Classes for 4-14-year-olds. Sat, 12-1pm, Custom House & Canning Town CNC, Fri, 6.45-7.45pm, Green St Contact Master Khan on 07984 684805 or email: Khanqukblackbelt@yahoo.co.uk

Family Wallball
Fun social activity involving left to right co-ordination using a ball. Sat, 10.30-11.30am, Green St

Let's Learn
Free study support session for Key Stage 1 and 2. Join our free fun learning class which focuses on English comprehension and Maths. Fortnightly, Sun, 2-4pm, Stratford

Code Club (7-11yrs)
Bring your laptop if you have one. Sat, 10-11am, robotics, under 8s, 11am-12pm, Alexa, over 8s; Custom House; Tues, 4-5pm, Green St; Sat, 1.30-2.30pm, Beckton Globe

The Chill Spot (11-19yrs)
Initiative to bridge the gap of after-school provision with activities including table tennis, discussions, workshops and much more. Mon and Weds, 3.30-6pm, Stratford

East Ham Youth Drop in
Sony PS4, DJ Decks and other activities for 11-19-year-olds. Includes support in using IT for homework. Mon, 4.15-6.15pm; Tues, 4.15-7.15pm

Youth Voice: Study Support Programme
A mix of practical and social support for students taking their GCSE and A-Level exams. This programme is running in partnership with Newham's Young Mayor. Study Skills Club; Taking Care of Yourself, Mon, 21 May, 4.30-6.30pm

Supported Study Sessions
English – Tues, 4.30-6.30pm Science – Weds, 4.30-6.30pm; Maths – Thurs, 4.30-6.30pm; Student Café; Quiz Night with prizes Fri , 25 May 4-6.30pm East Ham CNC

Youth Activity PS4
Come along to with your friends to play PS4. For 13-17-year-olds. Mon, 4.30-5.30pm, Plaistow

Half Term Activities
Plaistow Library will have lots of fun filled activities during half term including Penalty Shootout, Wallball, Pictionary, Teddy Bears picnic, Karaoke, Recycling arts and crafts. 28 May – 2 June, Plaistow

Discover Presents The Librarian
An interactive show featuring headphones, moving shelves and a librarian you've never seen before. For ages 5+. Free but tickets must be booked in advance. Go to Eventbrite.co.uk and search The Librarian East Ham. Tues, 29 May and Weds, 30 May, 11am, 1.30pm and 3.30pm.

East Ham at Half Term
Games and Colouring, 11am-1pm; Outdoor Play, 3-5pm; Tues, 29 May and Weds, 30 May. Cartoon Drawing Workshop, Thurs, 31 May, 11am-1pm. Carnival Costume Making, Thurs, 31 May and Fri, 1 Jun, 3-5pm. Circus Skills Workshop, Fri, 1 Jun, 11am-1pm.

ACTIVITIES AND SUPPORT

Chess Club
Tues, 4.45-6.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham CNC; Thurs, 5.30-7.30pm, Stratford; Tues, 1-2pm (adults), 5.30-7.30pm (children), Forest Gate CNC; Thurs, 5-6pm (beginners), Thurs, 6-7pm (improvers), Custom House; Weds, 6.30-7.30pm (adults), 5.30-6.30pm (children), Custom House & Canning Town CNC; Weds, 5.30-7.30pm, Green St; Thurs, 5-6pm, Plaistow; Thurs; 5-6.30pm, Sat, 11am-12.30pm, Manor Park CNC

Coffee Mornings
Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45am-12pm, Custom House & Canning Town CNC; Tues, 11am-12.30pm, Custom House, Third Tues of the month, 10.30am-12pm, Plaistow; Tues, 11.30am-1pm, Beckton

Do It Online (18+)
Computer classes. Weds, 10am-12pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.15-2.15pm, Custom House; Weds, 10am-12pm, Plaistow; Mon, 1-2.30pm, Custom House & Canning Town CNC; 1.30-2.30pm, North Woolwich; Fri, 2-3.30pm, Beckton; Thurs, 11am-1pm, Green St

Life in the UK Classes
12-week course to support prospective candidates who wish to take the life in the UK test and B1. Contact 020 8542 3904 for information. Weds, 12.30-2.30pm, Fri, 10am–12pm, Plaistow; Fri, 12.30pm-2.30pm, Green St; Weds 10am-12pm, East Ham CNC; 12.30-2.30pm, Stratford; 10am-12pm, Beckton

English Conversation Club
Practise spoken English. Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park CNC; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Thurs, 5-6pm, Stratford; Mon, 10-11am, Plaistow; Third Thurs of the month, 10.30-11.30am, Green St; Mon, Fri, 11am-12pm, Beckton Globe

Book Club and Creative Writing Group
Hosted by Vaseem Khan, author of The Baby Ganesh Detective Agency Series. Ages 15+. Tues, 6-7.30pm, Manor Park CNC

Adult Reading Groups
Come and talk about your favourite books and discover new writers. Third Sat of the month, 10-11am, Custom House; Third Thurs of the month, 6.30-7.30pm, East Ham CNC; First Thurs of the month, 6.45-7.45pm, Plaistow; Last Mon of the month, 6.30-7.30pm, Forest Gate CNC

Memory Lane Café
People with dementia and their carers can come together, share experiences, exchange information and socialise. Last Thurs of the month, 1-3pm, East Ham CNC; Third Weds of the month, 12-3pm, Jack Cornwell C.C, First Fri of the month 2-4pm, Canning Town CNC

Dementia Cinema
For dementia patients. Cost is £4 although carers go free. Advance booking required for wheelchair users. Last Monday of month, 12.30pm, Stratford Picture House, Gerry Raffles Square, E15

Skills For Life
Sessions run by Step-up community education, free English classes which include speaking, listening, reading and writing. Tues, 10.30am-12.30pm, Weds, 10.30am-12.30pm and 5.45-7.45pm, Thurs, 5.45-7.45pm, Green St

Workplace Drop-Ins
For Newham residents looking for employment to discuss job vacancies and training. Thurs, 31 May, 3-5pm, Manor Park CNC; Thurs, 31 May, 2-5pm, Custom House & Canning Town CNC; Weds, 30 May, 3-5pm, East Ham CNC; Weds, 30 May, 2-4pm, Stratford. For more information, email: Rehana.b@newham.gov.uk

Grants Surgery
Advice session for residents wanting to be a Community Builder, or apply for a Newham Let's Get The Party Started or Go For it Grants. Weds, 11am-12pm, Green St; Tues, 11am-12pm, Forest Gate CNC

Help Keep Forest Gate Clean
Activities include fly poster removal, litter picking and reporting larger issues such as fly tipping, via the Newham App. Last Thurs of the month, 10am-12pm, Forest Gate CNC

ICT Drop in
Support with emails, My Newham, Parking permits. Tues, 11am-12pm, Green St; Weds, 11am-1pm, Forest Gate CNC

Creative English
Programme of English speaking and listening lessons from the 'Faith in Action' charity. Suitable for beginners who need functional English skills. Women only. Weds and Thurs, 1.30-3pm, Tues, 1.30-3pm, Green St

Home Creations Craft Group
A chance to meet your neighbours and develop your creativity while producing something special to brighten your home. Tues, 10.30am-12.30pm, East Ham CNC

Reading for Pleasure Group
Make new friends and explore the world of reading. Fortnightly, Thurs, 6.30-7.30pm, Stratford

East Ham CNC Meet and Greet
Are you a new library member or do you just want to know more about the services that we offer? Then come and meet the team, take a tour and find out more. First Thurs and Tues of the month, 9.30-11.30am, East Ham CNC

Knit & Natter (16+)
Fri 10am-12pm, Custom House & Canning Town CNC; Weds 10.30am-12pm, Beckton; Tues, 10.30am-12.30pm, Manor Park CNC; Fri, 10am-12pm, East Ham CNC; Weds, Fri, 10am-12pm, Plaistow; Green St; Tues, 10.30am-12.30pm, Tues, 11am-1pm, Forest Gate CNC

Youth Activity Discussion (13-17)
If you are aged between 13 and 17, come along to Plaistow Library to have a discussion about what activity you would like to see in your local library. Mon, 4.30 to 5.30pm, Plaistow

Crochet
Learn how to crochet. All ages welcome. Mon, 10am-12pm, Plaistow

Art Group for stroke Survivors (16+)
Come and enjoy creative art activities with light refreshments. Speak to the group leader to book a place. Mon, 12-2pm, Beckton

Criss-Cross Pottery Club
Join the Criss Cross potters for an arts and crafts workshop based on the theme of words. There will be a charge of £5. Ten places are available. To book, call Chris Wong on 0750 691 3032. Mon and Tues, 10.30am-3.30pm, Beckton C.C

Monthly Movie Matinee
See the best of classic cinema on our large screen with surround sound. Free coffee and cake from 12pm. Last Fri of the month, 12.30pm. Forest Gate CNC

Diabetic Clinic
Drop-in clinic for adults. Weds, 2-3pm, Custom House & Canning Town CNC

Creations Arts and Crafts Group
Try out a variety of Arts and Crafts with this friendly and welcoming group of local residents. Tues, 10.30am-12.30pm, East Ham CNC

Crafty Parents
A new craft session for parents with a play space for toddlers. Bring photos and other items that you would like to 'scrapbook' and any other craft that you would like to share. Weds, 1am-12pm, East Ham CNC

Stroke and Hypertension Awareness Event
Get advice from professionals and take part in fun activities. Tues, 28 May, 4.30-6.30pm, Custom House and Canning Town CNC

Dementia Awareness Workshops
Dementia Awareness workshops organised in association with Alzheimer's Society. From 21 May to 25 May, 1.30-4.30pm, Custom House and Canning Town CNC

COMMUNITY ACTIVITIES

Newham Super Choir
All ages. Tues, 10.30am-12pm, Beckton C.C.

Beckton Women's Group
Enjoy a variety of skills including sewing, fruit decorating and dancing at a cost of £2 per session. Tues, 10.30am-12.30pm, Beckton C.C.

A1 Judo Club
Mon, Weds, 6.30-7.30pm for children (£6 per session) and 7.30-8.30pm for women (£5 per session) at Flanders Community Centre, in Napier Rd, East Ham

Health is wealth
Women's health based group. For more information, contact healthiswealthproject@outlook.com Last Mon of the month 12-2pm, Beckton Globe

Career Progression Hub
To book call 020 7476 1666 Weds, 3.30-7.30pm; Thurs, 2.30-4.30pm; Fri, 1-4pm at RDLAC, Albert Road North Woolwich, E16

Self defence and fitness
Fri, 8-9am, East Ham CNC

North Woolwich Voices (16+)
Community singing group. No experience required. Mon, 6.30-7.45pm, Woodman Community Centre, Woodman St, E16. Contact northwoolwichvoices@gmail.com

Stratford Singers
Fun community singing group, open to all ages and abilities. Fri, 6-7.30pm, Stratford, no booking required.

Ferry Festival Launch
Sow, grow and eat healthy. An evening of entertainment and food at St John's Community Garden, Albert Square, 5 Pier Point Parade, E16. Thurs, 31 May, 4-6pm,

BOXING AND SELF DEFENCE

Boxing and Self Defence
Tues, 5-6pm (16+), 4-5pm (6-11yrs), Jack Cornwell C.C.

West Ham Boys ABC
Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys

(6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

Women's Boxing
Mon 9.15-10.15am, Katherine Rd C.C.

Taekwondo (4-14)
Learn new martial arts skills. Sat, 12-1pm, Custom House & Canning Town CNC

Capoeira (18+)
Brazilian martial arts and dance with music. Mon, 4-5pm, Custom House & Canning Town CNC

HEALTH AND FITNESS

Salsa Dancing (18+)
Mon, 3.15-4.45pm, Beckton C.C; Sat, 6-7.30pm, Stratford; Sat, 2.30-4.30pm, Forest Gate CNC; Thurs, 6-7.30pm, Beckton Globe; Fri, 6.15-7.15pm, East Ham CNC

Yoga
Free. Mon, 6-7pm, Beckton; Weds, 6-7.30pm, £2, East Ham Town Hall; Thurs, 8-9am, East Ham CNC; Sat, 10am-12noon, £1 Plaistow; Thurs, 6.15-7.45pm, Thurs 8.15-9.15am, (over 50s) Forest Gate CNC; Fri, 8.05-8.45am, Custom House & Canning Town CNC; Thurs, 6-7.30pm, Stratford; Tues, 1.30-2.30pm, £1, Mon, Tues, 6-7.30pm Green St; Weds, 12.30am-1.30pm, Katherine Rd C.C. First class £5, then £8, Mon 7.15-8.45pm, Maryland Studioz, Leytonstone High Road, E15

Stroke Club (18+)
For men and women living with the effects of stroke. Weds, 2-5pm, Katherine Rd C.C.

Pilates Classes (18+)
Mon, 9.30-10.30am, Jack Cornwell C.C; Thurs, 6-7pm, Manor Park CNC; Thurs, 8-9pm, East Ham CNC

Tai Chi in the Park (18+)
Forest Lane Park, E7. Meet at corner of Forest Lane and Magpie Close. Mon, 10.15-11.15am

Zumba
Registration essential. Bring water and a towel, for all ages and abilities. Mon 9.30-10.30am (£3) Fri 9.30-10.30am (£2) Over 50s free, Jack Cornwell C.C; Fri 6-7pm (free) Custom House & Canning Town CNC; Weds, 6.30-7.30pm (free) Manor Park CNC; Tues 5.30-6.30pm (free) Stratford

Space For Me (16+)
Health and wellbeing fitness class with friendly conversation. Women only, £2 per session. For more information, call or text 0794 983 6036. 9.30-11am, Beckton Globe Youth Zone

Breathe Easy Group
For people with lung conditions. Over 18s. First Thurs of month, 12.30-2.30pm, Beckton C.C.

Nordic Walking
Contact 07787 731809 for details. Weds, 9.15-10.15am, Forest Gate CNC

Plaistow Social Walk
Social walk to improve fitness and make friends. Tues, Sat, 10-11am, meet at Plaistow Library

Woodside Badminton Club
Cost for two-hour session is £5. Call club secretary on 07956 150 240 for more details. Fri, 7.30-9.30pm, at Carpenters & Docklands Centre, 98 Gibbons Rd, Stratford.

Green Street Striders
Whether you're walking to improve your health or simply walking for the pleasure of exploring the local Priory Park. For those aged 50+. Meet at Green Street Library, Sat, 10.30-11.30am, Green Street.

Healthy Home Cooking
Thurs, 4-5.30pm, Custom House and Canning Town CNC and Library. To book and get more details call the library on 020 3373 0854 or CNCustomHouseCanningTown@newham.gov.uk

50+ ACTIVITIES

Quadrille Dancing
Try this classic dance style. Mon, 1.30-2.30pm, East Ham CNC

Bingo
Mon, 11.30am-1.30pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C, Thurs, 7-9pm, Jack Cornwell C.C.

Dominoes Group
Weds, 1.30-4.30pm, Plaistow

Get Active, Get Healthy, & Exercises for Fitness
Thurs, 11am-12pm, Jack Cornwell C.C.

Chair Based Exercise
For all fitness levels. Fri, 10.30-11.30am, East Ham CNC; Tues, 12.30-1.30pm, Manor Park CNC; Mon, 10.30-11.30pm, Green St; Mon,12.30-1.30pm, Jeyes C.C; Fri, 11.15am-12.15pm, Forest Gate CNC; Weds, 1.15-2.15pm, Canning Town CNC

Fitness
Fitness circuit, mixed, 9.15-10am, Thurs; Fitness circuit, mixed, 10-10.45am, Thurs; Zumba, 1-2pm, Tues, ladies only; Exercise for ladies, 9.30-10.30am, Fri; Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri. Katherine Rd C.C.

Zumba
Women only session. Weds, 12-1pm, Canning Town CNC; Tues, 1-2pm, Katherine Rd C.C.

Bollywood Moves
Women only. Mon, 10.30-11.30am, Thurs, 11-12pm, Katherine Rd C.C.

Ballroom Dancing
Join Stratford Latin and ballroom dance classes. Mon, 12-12.45 for beginners, 1-1.45pm for advanced, Carpenters and Docklands Centre

Get Active, Get Healthy, - Line Dancing for Fitness
Come along and learn the choreographed dance of line dancing. Thurs, 10.30-11.30am, Bryant St C.C.

Smart Project
Social Group for the over 50s. Join in with a lively discussion, social networking and refreshments. Thurs, 11am-1pm, Jeyes C.C.

Fitness Exercise for men
Thurs, 2.30-3.30pm, Katherine Road C.C.

Fit Steps
Dance class for all abilities. Tues, 11am-12noon, Forest Gate CNC

Line Dancing
£1 per session. To book, call 020 7476 1666. Royal Docks Learning & Activity Centre, Albert Rd, E16; Mon, 6.30-7.30pm, Canning Town CNC

Singing for Health
Sing a variety of musical styles. Tues, 2-3.30pm, Jack Cornwell C.C.

Over 60s Social Club
Social club with dominoes, board and card games. Fri, 12.45-2pm, Canning Town CNC

Get Fit in the Kitchen
Healthy cooking, booking required. £5 deposit when booking. For more information, call Katherine Road C.C on 020 8548 9825. Mon, 12.30-2pm, Katherine Road C.C

Beginners' Ballroom Dancing
Mon, 10am, £2 per session for members, St. Paul's Church Centre

Line Dancing
Fri, 10.30am, St Paul's Church Centre

GREEN

Greenway Orchard Volunteering
Thurs, 11am-2pm, Greenway access from Boundary Rd, E13

Pit Stop Gardeners
Join our group of community gardeners led by Project Green Thumb with a range of different sites and gardens to visit across East Ham. Weds, 9.30am-12pm, East Ham CNC

Newham Green Gym
Conservation at East Ham Nature Reserve, Norman Rd, E6. Weds, 10am-1pm and last Sat of month. See www.newhamgreengym.org for details

Community Gardening
Thurs, 4.30-6pm, St John's Green, Albert Rd, E16; Tues 10.30am-12.30pm, Beckton C.C.

FEMALE SPORTS

Basketball Sessions
Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Modern Arnis Martial Arts (16+)
Tues, 5-6pm. Call 07473 030 250, Jack Cornwell C.C.

Female Only Zumba
Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. £2. Thurs, 6.30-7.30pm, The Well C.C, Vicarage Ln, E6. £2. Call 07741 292893; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16. £2.50

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25)
Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVlc, E13. Contact Paul495@btinternet.com or call 07811 671 082

Wheelchair Cricket (12+)
Thurs, 6-7pm, Newham Leisure Centre. Contact Bradley.Donovan@essexcricket.org.uk

RUNNING AND ATHLETICS

Beckton Park Run
Sat, 9am, Beckton Park South, E16. Call 07718 394756 www.parkrun.org/beckton

East End Road Runners
Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Tues and Thurs, 7pm. Sun, 9am. Call 07979 261647

Running and Athletics
Newham & Essex Beagles Athletics Club. Visit www.newhamandessexbeagles.co.uk for more details

SPORTS

Black Arrows Badminton Club
Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock.
Call 07932 037173

Adult Tennis (16+)
Sun, 10-11.30am, 11.30-1pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: playtennis@activenewham.org.uk

FOOTBALL

AIR Football (16+)
Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15.
Fri, 3-5pm, Beckton Powerleague, E6.
Visit www.airfootball.co.uk

WHU Kicks
Mon, Tues, Fri, 4-7pm, WHUCST, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12.
Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

BASKETBALL

Basketball Sessions
Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

Senior Programme
Division 2 women and division 3/4 men. Rokeby School, E16. Mon, 7.30-9.30pm Call 07947 401616

COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated. **Mon, 21 May, 7pm,** Health & Wellbeing Board; **Thurs, 24 May, 7pm,** Council, Main Hall, Old Town Hall, 29 The Broadway, Stratford, E15 4BQ

CONTACT THE MAYOR

You can email mayor@newham.gov.uk or write to The Mayor, Newham Dockside Road, E16 2QU

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOOD CENTRES

Beckton Globe 020 3373 0853
Custom House & Canning Town CNC 020 3373 0854
Custom House Library 020 3373 0855
East Ham CNC 020 3373 0827
Green Street 020 3373 0857
Forest Gate CNC 020 3373 0856
Manor Park CNC 020 3373 0858
North Woolwich 020 3373 0843
Plaistow 020 373 0859
Stratford 020 3373 0826
Archives and Local Studies 020 3373 6881

COMMUNITY CENTRES (C.C)

Beckton C.C. 020 7511 1214
East Ham Market Hall 020 8471 0292
Jack Cornwell C.C. 020 8553 3459
Jeyes C.C. 020 3373 2205
Katherine Rd C.C. 020 8548 9825
St Mark's C.C. 020 7474 1687
Vicarage Ln C.C. 020 8519 0235
Harold Rd Centre 020 8472 2805
Queens Market 020 8475 8971
Rabbits Rd Institute 020 3373 0858
Royal Docks Learning Activity Centre 020 7476 1666
St John's Church 020 8503 1913
St Bartholomew's Church & Centre, 020 8470 0011
The Community Resource Centre, 020 3373 2697
St. Paul's Church Centre, 020 8552 9955

LEISURE & SPORTS VENUES

Atherton Leisure Centre 189 Romford Rd, E15
Balaam Leisure Centre 14 Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVlc Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Wy, E16

All listings may be subject to change. Please contact individual events and activities before attending.

Newham London

Fostering

Make a difference

Fostering Information Evening

Wednesday 6 June 2018, 4pm - 7pm

Do you want to find out more about fostering? Come along to our next recruitment event and hear stories from our existing foster carers, find out about the type of children who need fostering and meet some of the staff team who will be there to answer your questions.

Forest Gate Community
Neighbourhood Centre
6 – 8 Woodgrange Road
Forest Gate E7 0QH

For more information call

0800 0130 393

www.newhamfostering.co.uk

Newham London

The Newham Show

Featuring
on Saturday
The Newham
Carnival

SATURDAY 7 & SUNDAY 8 JULY

12 NOON - 6PM
CENTRAL PARK
EAST HAM E6

FREE

People at the Heart of Everything We Do

@NEWHAMLONDON #NEWHAMSHOW NEWHAMEVENTS